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About Kids Health – May is Allergy Awareness Month | For More Info:

[https://www.aboutkidshealth.ca/allergies?utm\\_source=caphc&utm\\_medium=blog&utm\\_campaign=maypromo](https://www.aboutkidshealth.ca/allergies?utm_source=caphc&utm_medium=blog&utm_campaign=maypromo)

May is Allergy Awareness Month. Read about allergies, including various food allergies, on the AboutKidsHealth website. Available food allergy articles include:

- [sesame seed allergy](#)
- [seafood allergy](#)
- [milk allergy](#)
- [peanut allergy](#)
- [tree nut allergy](#)

Visit AboutKidsHealth for information on other types of food allergies and more.

BC Emergency Preparedness Week Resources | For More Info:

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc>

The week of May 1-7, 2022 was BC Emergency Preparedness Week. This website holds information to support folks to know hazards, build a household emergency kit, make a plan and offers other guides and resources (including education programs and toolkits) to support you in preparing for a emergency.

Blazing Soccer Dogs (Vancouver) | Up to Age 16 | For More Info:

<https://www.soccerdogs.ca/>

Our team is inclusive and we deny nobody regardless of ability. We strive on inclusivity and we are accepting of all ages. Please browse on what we have to offer!

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Burnaby Primary Care Network – Doc Talks: Understanding Lab Medicine | May 13, 2022  
From 12 noon to 1 PM | For More Info: <https://burnabypcn.ca/doctalks-understanding-lab-medicine/>

Hear from a Burnaby lab physician and a lab expert from LifeLabs as they share insights into lab testing and procedures.

Learn how to better prepare for your lab visits, tips and tricks for a smooth sample collection, and how to better understand lab results.

Canadian Mental Health Association – Mental Health Week Article Resources | For More Info: <https://www.mentalhealthweek.ca/info-articles/>

[Mental Health Week](#) was May 2 to 8. The theme for the Canadian Mental Health Association's Mental Health Week is #GetReal about empathy. Before you weigh in, tune in. This link share the articles related to the week to help folks reflect and refresh or add to their skills.

Canadian Institute for Health Information Survey | April 26 to June 14, 2022 | Survey Link: <https://cihi.malatest.net/>

In support of the federal, provincial and territorial governments' [Shared Health Priorities](#) initiative, the Canadian Institute for Health Information (CIHI) has launched a survey asking Canadians to share their experiences related to accessing mental health and substance use services. Anyone age 12 and older is eligible to complete the survey. Participants will also be eligible to **win a \$100 gift card** through a weekly draw (except in Quebec). The survey opened on April 26 and will remain open for approximately 8 weeks.

Cardus Podcast – Work Barriers for People with Disabilities | For More Info: <https://www.cardus.ca/research/work-economics/reports/breaking-down-work-barriers-for-people-with-disabilities/>

Only five percent of federal government disability spending is on programs promoting employment; the rest goes to income supports of one form or another. And yet, the poverty

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rate of people with disabilities was 13.5% in 2019, which is disproportionately higher than it is for other Canadians.

Listen as we try to identify which barriers keep people with disabilities from finding rewarding, meaningful jobs and seek ways to break down those barriers.

CBC Video – How to Swab Your Nose and Nose for Rapid Tests | For More Info:  
<https://www.youtube.com/watch?v=C8mY1DV-mXE>

Doctors now recommend swabbing the mouth and the nose to get more accurate results from COVID-19 rapid tests. Infectious diseases specialist Dr. Lisa Barrett suggests swabbing the throat first — twice on each side — and then swabbing each nostril. “This particular virus, like Omicron, seems to hang out in the throat a lot,” Barrett said.

Children’s Aid Foundation of Canada – Youth in/from Care Youth Mental Health Fund |  
For More Info Email: [monica.parelkar@ccssociety.ca](mailto:monica.parelkar@ccssociety.ca)

The purpose of the CAFC Youth Mental Health Fund is to help youth transitioned/transitioning from care access mental health supports and address urgent and complex mental health challenges.

Youth eligible for support:

- Are aged 16-29 (inclusive)
- Transitioning and/or transitioned out of permanent care (or a youth agreement) when they reached the age of majority in their province; AND
- Need to access support for mental health concerns.
- A percentage of funding will be reserved for Indigenous youth who are engaged in or working towards education or employment goals.

Funds can be used to pay for therapy and/or counselling on an individual or group basis, or to access culturally appropriate approaches (e.g. support from Indigenous elders and healers), or alternative therapies (e.g. dance or art therapy).

We are expected to assist at least 15 youth every year, at least 5 of whom should be Indigenous.

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Children’s Healthcare Canada Recorded Webinar – Informing Equitable Child and Youth Mental Health: Tailoring to Support Diverse Groups | For More Info: <https://ken.childrenshealthcarecanada.ca/xwiki/bin/view/CAPHC+Presents%21/Informing+Equitable+Child+and+Youth+Mental+Health%3A+Tailoring+to+Support+Diverse+Groups>

The COVID-19 pandemic has shed light on the inequity in children’s mental health services. There have been countless reports of increased depression, anxiety, and feelings of isolation amongst children and youth, which are disproportionately higher for some populations. While conversations have been started around enhancing mental healthcare, policy and services are not yet designed to meet the needs of people who are racialized, have disabilities, or who have neurodevelopmental conditions. This SPARK: Live webinar will feature three experts who will share recent findings on inequity in children’s mental health services. These experts will discuss strategies to improve mental health and healthcare, policy-relevant considerations, and how we can inform system changes.

City of Burnaby – Arts Alive & Artist Apprenticeship Program | Burnaby Art Gallery | May 3 to June 5, 2022 | For More Info: <https://www.burnaby.ca/recreation-and-arts/events/arts-alive-artist-apprenticeship-program>

*Thresholds* presents the work of seven Burnaby Senior Secondary students in the Artist Apprenticeship Program. This program mentors students interested in pursuing careers in fine arts and invites them to develop and curate an exhibition of their own works. For each of the students, this is the first time presenting their artwork in a gallery setting.

City of Burnaby – Burnaby Village Museum Summer Season | May 7 to September 5, 2022 | For More Info: <https://www.burnabyvillagemuseum.ca/EN/main/what-s-on/summer-season.html>

Admission is free. Carousel rides \$2.65.

This year marks 50 years since the Burnaby Village Museum opened to the public for its first full year in 1972. We will celebrate the momentous occasion with new exhibits, entertainment and activities. We’re also excited to reopen for the summer season from May 7 to September 5, offering visitors an immersive experience of the 1920s village comprising heritage and recreated buildings.

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Curiko – New Youth Experience – Youth Hangout | Designed for Youth Ages 14 to 18 | Begins May 6, 2022 at 4:30 PM | For More Info: <https://www.curiko.ca/experiences/65b1720e-c57f-4d4c-9bbc-bbd8cca0c589/>

Join host Bella to create connections, play games and talk about social issues and what we can do about them. Experience designed for youth ages 14 to 18.

Dan's Legacy – Intro to Cook Program | Next Cohort May 16, 2022 | For More Info: <https://danslegacy.com/>

Dan's Legacy's "Intro to Cook" is recruiting candidates for our **May 16<sup>th</sup> intake**. We have space available and want to fully use our resources to help young adults in search of employment. Our program graduates students able to work confidently in restaurant and/or kitchen environments. It runs for three months **from 3:30 pm to 7:30 pm, Monday through Friday**. We provide this program at **"no cost"** to the individual; **if you are aware of any needy youth**, 17 to 29, seeking employment, we can help them.

We provide all students with:

- Daily Transit Passes,
- Chef's Clothing,
- Daily Meals and Weekend Food

Please have anyone you know who is interested register using our online process at [www.danslegacy.com](http://www.danslegacy.com) You can also contact me at 604 328 3653 or at [dan@danslegacy.com](mailto:dan@danslegacy.com)

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[Developmental Disabilities Mental Health Services – Spring Groups](#) | For Young Adults 19 and over | For More Info: Call DDMHS at 604-777-8475

DDMHS is offering a series of free groups, but limited to suitable clients on a first-come, first-served basis to young adults 19 and older with a mild intellectual disability living in the Lower Mainland or on the Sunshine COast. Registration for any of these groups require referral form completion.

**Healthy Relationships and Sexual Health (In-Person)** – May 30 to June 20, 2022 from 10 to 11:30 AM in Surrey

We will talk about beliefs, gender orientation, masturbation, male and female bodies, public and private, intercourse, refusal and consent, safety in relationships, contraception, pregnancy and so much more! We will be showing pictures to help with understanding. (No caregiver participation for this group.)

**Dealing with Feelings of Anxiety or Depression Part 1 (Online)** – May 13 to June 24, 2022 from 10 to 11 AM

Are you having a hard time dealing with your feelings? Are you anxious, depressed, or overwhelmed? If you want to talk to others who are also feeling this way, join our online group! This is a group for adults with mild intellectual disabilities, who would like to talk to other people about their feelings. (Caregiver participation is required and work outside of this group will be expected.)

**Keeping Up with Feelings of Anxiety or Depression Part 2 (Online)** – May 18 to July 13, 2022 from 10 to 11:30 AM

For clients who have already been through the Dealing with Feelings group but feel they need more follow-up with their feelings of sadness or anxiety. This group will allow for talking and sharing of feelings. (Caregiver participation is strongly suggested but not required.)

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Disability Without Poverty – June 2021 Disability Art Event Webinar Recording | For More Info: [https://www.youtube.com/watch?v=ujBl83k\\_AcE](https://www.youtube.com/watch?v=ujBl83k_AcE)

RoundUps are fun, hour-long sessions, full of art, music, poetry and updates about the work that is happening within the Disability Without Poverty movement.

FSI – Possibilities Quarterly Newsletter | For More Info:

[https://mcusercontent.com/dc02aa0825b35e564b6396c02/files/64bace26-c8b2-a31e-8d3b-d57af789dd3b/Winter\\_2022\\_Possibilities\\_newsletter\\_v4\\_1\\_compressed.pdf?mc\\_cid=4d192c9f6a&mc\\_eid=38c8c56bfb](https://mcusercontent.com/dc02aa0825b35e564b6396c02/files/64bace26-c8b2-a31e-8d3b-d57af789dd3b/Winter_2022_Possibilities_newsletter_v4_1_compressed.pdf?mc_cid=4d192c9f6a&mc_eid=38c8c56bfb)

The quarterly FSI Possibilities Newsletter has just been published! This issue features articles on reconciliation & belonging, fun things to do during spring break, person centred planning and so much more!

Help for the Hard Times Workshops | For More Info: <https://familysmart.ca/help-for-the-hard-times-workshop/>

Help for the Hard Times is a workshop series for parents/caregivers living in the Fraser region whose child or youth has had an admission to a psychiatric unit or has had ER visits due to a mental health concern.

As parents ourselves, we know how difficult it can be to support a child after a mental health crisis and we want to help. Help for the Hard Times is facilitated by parents with lived experience.

The workshops are hosted online (twice a week for 2 weeks) and include a 1-1 video conference or phone call with a Facilitator.

The workshops are FREE and registration is required: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)

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KC Society – Entry Level Staff Shortage Program | To Apply Email: [support@kcsociety.ca](mailto:support@kcsociety.ca) or call 604-256-2717

The Entry Level Staff Shortage Program offers 2 weeks virtual and 4 week practicum with an approved employer in one of three areas: Bakery Assistant, Production Worker, or Kitchen Helper. This is a program joint employment program funded by the Government of Canada and the Province of BC.

Key to Home – Independent Living Support Tools | For More Info:  
<https://keytohomebc.ca/tools-for-individuals-and-families/>

Is a resource for youth who may be considering/planning to live independently. The resource includes various links including:

- My Housing Plan: Planning for an Inclusive Home - This document is about planning for housing and is meant to go with your Personal Summary or be added to your Person-Centred Plan. It is a document to help you but you can build your housing plan in whatever way you want.
- Financial Planning – Information relating to specific financial tools for people with disabilities that should be considered in any plan for inclusive housing.
- Skills for Living Your Own Home – a review of some of the independent living skills to be developed in support of getting ready to eventually live with maximum independence.

Kinsight – Youth Leadership Group | Next Event Tuesday May 24, 2022 from 7 to 8 PM | For More Info:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej65i5bs021e8e4a&oseq=&c=&ch=>

The Family and Individual Support Program invites youth aged 14-20 to another meeting of the new Youth Leadership Group! The group will be debriefing about the community movie night. Please register to receive the link.

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KPU All Access Program – Info Session | Wednesday May 18, 2022 at 3 PM | For More Info:  
<https://calendar.kpu.ca/programs-az/arts/arts/arts-certificate/>

The Including All Citizens Program at Kwantlen Polytechnic University's Certificate of Arts, has received the approval to continue. You are invited to attend the virtual for Including All Citizens (IACP) zoom information session for the Fall 2022 Cohorts! **Please also consider attending if this program might be of interest in the future.**

Join Zoom Meeting

<https://us02web.zoom.us/j/82338939873?pwd=VVh0eDZSVjQxS1ZYd3ZDSkI3TkVTZz09>

Meeting ID: 823 3893 9873

Passcode: f9Pec0

As a reminder, this is a four year program that can lead to a full undergraduate or future studies. **This program does not require the English 12 entry requirement** and is meant to be inclusive and universal in design. Students will complete an application and interview demonstrating their interest in continued learning and network support. Courses are hosted between KPU's Surrey and Langley campuses. If interested, students will be eligible for Student Aid BC tuition support.

Ministry of Children and Family Development – Child and Youth with Support Needs Engagement | April 20 to September 9, 2022 | For More Info:  
[https://feedback.engage.gov.bc.ca/143984?lang=en&mc\\_cid=4d192c9f6a&mc\\_eid=38c8c56bf](https://feedback.engage.gov.bc.ca/143984?lang=en&mc_cid=4d192c9f6a&mc_eid=38c8c56bf)

The Ministry of Children and Family Development published online the Children and Youth with Support Needs Framework which describes a vision for a new provincial service-delivery model. They invite families, service providers, and sector partners to participate in an online survey. Feedback will be considered to refine and support the provincial rollout of the service approach. The survey takes approximately 8 minutes to complete.

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Real Talk and Partners - In-Person Dating Event | May 14, 2022 from 3 to 6 PM at the Christine Sinclair Centre Burnaby | For More Info: Email [datingprofile@gobaci.com](mailto:datingprofile@gobaci.com) or Text/Call Charlotte at 778-888-4804 |

<https://forms.office.com/pages/responsepage.aspx?id=gEYSWCq1REmL454b5r3HQeQmgJeU8lFFpxGLqcMg785UMUhPQjBVMEICTE5LMDA1WEI00ThHUzdSVi4u>

An event for folks with and without disabilities to learn more about dating and relationships. This is a casual space for people to meet each other and create connections without pressure to date. We will have stations for people to sign up to the dating profile and to explore dating resources. Masks are optional, please respect everyone's preferences and space.

Theatre Terrific – Zoom Choral Classes for Adults with Developmental Disabilities | For More Info: [https://www.facebook.com/theatreterrific/videos/535349477839224/?extid=NS-UNK-UNK-UNK-IOS\\_GK0T-GK1C](https://www.facebook.com/theatreterrific/videos/535349477839224/?extid=NS-UNK-UNK-UNK-IOS_GK0T-GK1C) | To Register email: [info@theatreterrific.ca](mailto:info@theatreterrific.ca)

Theatre Terrific pioneers inclusive opportunities for artists of all abilities to develop performance skills and collaborate in the production of theatrical works. They are offering free online choral classes for adults with disabilities in BC to sing along, express themselves and enjoy music in a comfortable digital environment led by Cheryl Overa and Susanna Uchatius on Zoom every Tuesday from 6:30 PM to 8:30 PM starting April 5<sup>th</sup>.

The Wellness Centre – Grand Opening | May 14, 2022 from 1 to 3 PM at New Westminster Secondary School | For More Info & to Register: <https://www.eventbrite.ca/e/nwss-wellness-centre-opening-celebration-tickets-329065362357>

The Wellness Centre is a community hub that supports and promotes healthy living in a way that's centred around connection and care for students, families and all residents of New Westminster. Activities will feature Rhythm Resource drumming, Henna art, and interactive information booths from our community partners.

## Summer Camps

ABA Learning Centre – Social Media Savvy and Cyber Safety | Various Dates | For More Info: <https://www.actcommunity.ca/special-needs-community-events/social-media-savvy-and-cyber-safety-group/>

ABA Learning Centre and Fawkes Academy are happy to offer a social media safety group this summer! Do you want to learn how some social media savvy skills? Do your parents want you to learn some cyber safety skills? How about how to master your school Zoom Meetings? Then this group is for you!

Canucks Autism Network – Summer Program Guide | June to August 2022 | For More Info: <https://www.canucksautism.ca/drive/uploads/2022/05/CAN-Program-Guide-Summer-2022-rev3.pdf>

The Canucks Autism Network is offering a range of opportunities for youth 13+, 18+ including:

- Introduction to Rowing (page 11)
- Dating, Relationships & Sexual Health (page 13)
- CAN Skills Training and Employment Program (page 14)
- Ready, Willing & Able (page 15)
- Mental Health Workshop (page 16)

**Registration opened Monday May 9, 2022!**

Canucks Autism Network Overnight Camp | August 30 to September 1, 2022 | For More Info: <https://www.canucksautism.ca/programs/overnight-camp/>

Overnight Camps are an opportunity for participants to enjoy and unforgettable outdoor experience in an organized group setting. A high ratio of staffing is provided to ensure a safe successful overnight experience for all, while allowing participants to try new things and make new friends.

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Activities include boating, ropes course, archery, rock climbing, ocean swimming, field games, campfires and more! Participants are grouped according to age for all camp activities and sleeping accommodations.

Down Syndrome Resource Foundation – Raise Me Up | August 15 to 19, 2022 | Youth & Young Adults 16+ | For More Info: <https://www.dsrp.org/programs-and-services/group-programs/raise-me-up/>

Raise Me Up is a small group program for teenagers and young adults with Down syndrome focusing on self-esteem and healthy relationships. Each day we will spend time empowering and celebrating ourselves and discuss how loving and respecting ourselves can lead to meaningful and fun relationships with our family, friends, and potential dates. As we work on ourselves, we can talk about attraction, crushes, and dating. In a world where everyone is bombarded by expectations on how we should look, act, and be like, we want to support each other in remembering we are more alike than different, and we are each worthy of love – from ourselves and from others.

Down Syndrome Resource Foundation – Summer Camps | For More Info & to Register: <https://fundraise.dsrp.org/event/dsrp-group-program-registration/e260792>

Summer 2022 will be lots of fun at DSRF! Join us for music, dancing, theatre sports, OT and more! Participants must be between the ages of 13 to 25 and be successful in a group environment. There are 6 weekly sessions beginning the week of July 4<sup>th</sup> 2022.

- Week 1: July 4 to 8 – Rock n Roll Week
- Week 2: July 11 to 15 – OT Camp
- Week 3: July 18 to 22 – Hip Hop Dance
- Week 4: July 25 to 29 – Improv Theatre
- Week 5: August 2 to 5 – To be announced
- Week 6: August 8 to 12 – STEM Camp

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Easter Seals Overnight Summer Camp | Various Dates | For More Info:

<https://www.eastersealsbcy.ca/overnight-summer-camp/>

Easter Seals Summer Camp is a nature-based, overnight program at a fully accessible camp, where campers (ages 6-49) with all types of disabilities explore new activities and skills in a fun, supportive environment. Activities include: swimming, sports & games, arts & crafts, waterslide, big swings, trampolines, camp fires, life and leadership skills. There is a 3:1 camper to staff ratio, plus registered nurses on site 24/7.

Easter Seals Virtual Summer Camp | Various Dates | For More Info:

<https://www.eastersealsbcy.ca/campathome/>

Campers travel together to and from activities, with the aim of helping each participant become more comfortable getting around and exploring the great things their city has to offer. Participants will interact with other youth and together they'll build social skills and confidence through fun and educational day trips.

Easter Seals City Adventure Day Camp | Various Locations | For More Info:

<https://www.eastersealsbcy.ca/city-adventure-day-camp/>

This is a day program for those living in the Vancouver, Victoria, Kelowna and Surrey areas. Campers will spend fun-filled days visiting local attractions, playing games, making arts & crafts, and lots more. Single day & week-long options available. Choose from a list of dates and activities, and then tailor a schedule to what your camper enjoys best.

This World's Ours Centre Living Skills Camp | Various Dates Starting July 4, 2022 | For More

Info: <https://www.thisworldsours.com/service-page/living-skills-camp-week-1>

This camp is specifically designed for youth ages 15-18. There is a focus on communication skills, social-emotional learning, cooking, and early employment skills. Please pack a lunch, snacks will be provided. Camp will run from 10am – 2pm.

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This World is Ours is an inclusive centre in Vancouver that offers a safe, social space for neurodiverse children and their families. Participants can, but do not need a diagnosis to participate in their programs.

Zajac Ranch Summer Camp Dates 2022 | Various Dates | For More Info:

<https://zajacranch.com/wp-content/uploads/2022/02/Zajac-Ranch-Summer-Camp-2022-Dates-1.pdf>

Zajac Ranch created the Young Adult Camp after recognizing that many individuals, once past the age of 17, would not be able to experience our standard medical summer camps. Our Young Adult Camps, for campers 18-40 years of age, are open to a variety of chronic illnesses and disabilities and serve to continue to deliver summer camp activities and fun peer-oriented communication experienced in our standard summer camps.